

THE FOUNTAIN OF YOUTH.

SIMPLY A FEW COMMON SENSE
FACTS.Cleanliness and Abstinence From
Coffee and Meat are the
Most Important.

How to keep from growing old will always be a question of vital interest to every woman. Here are a few suggestions, which, if carefully followed out, are warranted to keep off old age, and, in the bargain, make the plain girl good to look upon. They are all founded upon women who believe in the gospel of health.

To be young and fresh looking a knowledge of the body is necessary. Its individual needs must be considered, inherited weaknesses must be known, and its power of endurance must be ascertained. Learn to rest and learn to use the body's strength economically. Never reach your limit of fatigue, either in mental or physical exercise. Avoid excess in eating, drinking and pleasure. Systematic habits are a necessity.

The diet, of course, must be carefully considered by the young person who is seeking after health and beauty. If she would have a clear, pink-and-white complexion, she must eat with discretion.

An excellent plan is to drink a glass of hot water on arising and then eat a light breakfast about an hour afterward. Breakfast should consist of fruits in season, ginton bread and a cereal, eaten with the bread, to insure mastication. Eggs, fish or game may be added if a heartier meal is desired. But if one is not to take much exercise the former menu should be sufficient. Coffee should be omitted. It tends to nervousness, and in time will ruin the best complexion. Luncheon should be an equally light meal. If dinner is served, instead of luncheon, in the middle of the day, it should be followed, if possible, by absolute rest for a full hour. One hearty meal, where meats are served, is sufficient in a day. Let the appetite be appeased principally on fruits and vegetables. Eat heartily of meat but once a day.

One should never retire hungry, but only light foods should be eaten at bed-time. Take a cup of nourishing broth, warm milk or a slice of bread and butter, with a glass of hot water. Often the hot water is nourishment enough.

There is nothing truer than the old saying, "Cleanliness is next to godliness." It is also akin to beauty. Every woman should bathe each day systematically. Morning is by far the best hour for the bath. The pores of the skin lie more or less inactive through the night, and need an awakening in the morning. Cold water is most effectual for this purpose. Not a tub bath—few women can endure the shock of the plunge—but a bath from the basin, using a cloth, when the hand is not a sufficient agent for the work. Be careful to keep the different parts of the body covered as much as possible while bathing, thus avoiding a chill. A rotary motion of the hand in bathing and drying the skin is most beneficial. This stimulates the capillary circulation, as well as the activity of the pores of the skin. Bathe first the face and neck, dry these, and next bathe the arms, keeping the nightgown close around the lower part of the body. It is a good plan to tie it by the sleeves around the waist. Then bathe and dry the chest and shoulders. Draw the gown over the shoulders while bathing the lower part of the body. Rub the thighs and legs next, and, lastly, the feet. The bathing of the entire body need not occupy over six minutes. The water, to produce the most healthful results, should be rather cold than tepid. The use of the flesh brush is pronounced by many to be harmful, except when followed by massage. Correct massage has much to do in preventing the deep lines and wrinkles which indicate care and approaching old age. The chin and neck should receive special attention, as the effects of

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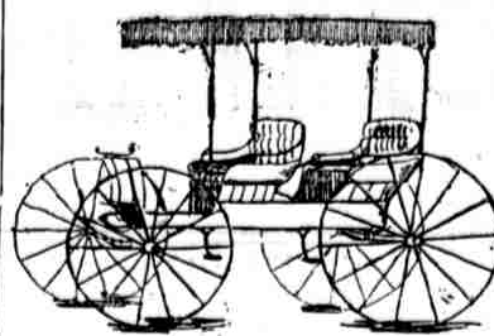
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